

# CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 VACCINE UPDATE



**March 12, 2021**

## WHAT'S NEW THIS WEEK

**Who We Vaccinated This Week:** This week we expanded our vaccination efforts to include more groups of Phase 1b essential workers and those 50-64 with high risk health conditions. We expect to expand our vaccination to more groups in the coming weeks. In partnership with our healthcare partners, this week we vaccinated:

- Phase 1a healthcare workers
- Group home staff and residents
- Assisted living facility staff and residents
- K-12 teachers and staff/daycare workers
- Ages 65+
- Ages 50-64 with high risk health conditions
- Food and Agriculture workers
- Manufacturing workers
- Grocery Store workers

**New CSHD COVID-19 Vaccine Appointment Process:** Central Shenandoah Health District transitioned our COVID-19 vaccine clinic appointment process from invitation-only to a combination of invitation-only and posting appointment slots on our website. CSHD will be posting available appointment slots for the next day's clinics at 12:00 pm on our website. These appointments are based on vaccine availability. CSHD will be continuing to use the Virginia Pre-Registration database to pull names of eligible persons and inviting them to our clinics first. If there are still appointment slots that need to be filled, then these appointments will be available on our [website](#).

### **\*NEW\* CSHD COVID-19 Office Hours**

**Change:** We are now hosting a weekly "COVID-19 Community Call-In" every Wednesday. We will host a Spanish language call from 6:00pm-6:45pm and an English language call from 7:00pm-7:45pm. You can call in at 1-844-992-4729 and enter the access code 132 173 5589 to join. This will replace our twice weekly "Office Hours."

### **Schedule a Vaccine Information**

**Session for your employees:** If your employees would like more information about the COVID-19 vaccine you can schedule an information session with our health education team. If you are interested in scheduling a session, please submit the form linked [here](#).

### CENTRAL SHENANDOAH HEALTH DISTRICT

## WEEKLY COVID-19 COMMUNITY CALL-IN

Do you have questions about the COVID-19 vaccine? Join our health educators for a weekly call! This is a 45-minute Q&A session to ask questions about the COVID-19 vaccine.

**WHEN (English):** Wednesdays from 7:00pm-7:45pm

**WHEN (Spanish):** Wednesdays from 6:00pm-6:45pm

**HOW:** Join by phone

**CALL IN AT:** 1-844-992-4726

**ACCESS ID:** 132 173 5589

*When asked for an attendee ID, press #*

*Dial the number above and enter the access code when prompted. Please mute upon entry and unmute when you have a question.*



**Information for Fully Vaccinated Individuals:** CDC issued their first set of public health recommendations for fully vaccinated people. For the purposes of this guidance, people are considered fully vaccinated for COVID-19 more than 2 weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna), or more than 2 weeks after they have received a single-dose vaccine (Johnson and Johnson).

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

However, fully vaccinated people should still take precautions and wear masks, social distance, and avoid large crowds. Per Executive Order 72, indoor gatherings are limited to 10 people, outdoor gatherings are limited to 25 people, and masks are required to be worn in public.

For more information about the new guidance from the CDC, click [here](#). For more information about Executive Order 72, click [here](#).

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## FREQUENTLY ASKED QUESTIONS

### **I am an employer in Phase 1b or Phase 1c. What do I need to do to get my employees vaccinated?**

We originally asked employers to submit pre-registration information and rosters to our Vaccine Planning team. With the launch of the Virginia pre-registration system, we are asking that all employers ask their employees to pre-register at [vaccinate.virginia.gov](https://vaccinate.virginia.gov). This will help us plan vaccination events for essential workers.

### **Which vaccine is the best vaccine for me?**

The best vaccine for you is the first one available. The goal of vaccination is to reduce severe illness and hospitalization. This can only be done if people are vaccinated as soon as a vaccine is available for them. Each available brand of COVID-19 vaccine has been proven to protect against serious illness, hospitalization, and death from COVID-19.

If you are contacted to schedule an appointment for a vaccine and you do not want the brand of vaccine you are offered, you can choose instead to remain on the waiting list in case another opportunity becomes available with your desired vaccine. There is no guarantee that you will be able to receive the brand of vaccine you want.

## COVID-19 VACCINES available for use in the United States

- There are three COVID-19 vaccines currently available for use in the United States. All three vaccines will greatly reduce your chances of getting COVID-19 and will ensure that if you do get the virus, you will have only mild symptoms or none at all.
- The **best vaccine for you is the one you can get first.**
- We are still learning how well the vaccines prevent the spread of COVID-19 and how long protection from the vaccine lasts. After you are vaccinated, it is important that you continue to wear a mask, watch your distance and wash your hands often until we can get more people vaccinated.



| Vaccine Manufacturer                     | Pfizer-BioNTech  | Moderna  | Johnson & Johnson (Janssen)  |
|--|--|--|--|
| <b>How it works</b>                      | Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.  | Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.  | Uses a virus (adenovirus) that can't replicate or harm the body to carry information to cells about how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it. |
| <b>Who can get this vaccine?¹</b>        | People <b>16 years</b> of age and older  | People <b>18 years</b> of age and older  | People <b>18 years</b> of age and older  |
| <b>How many doses are needed?</b>        | <b>Two doses</b> , ideally 21 days apart   | <b>Two doses</b> , ideally 28 days apart   | <b>One dose</b>  |
| <b>When do I get my second dose?</b>     | <b>21 days after the first dose</b><br><br>The second dose can be given up to 4 days earlier than the recommended date or up to 42 days after the first dose and still be considered valid.²   | <b>28 days after the first dose</b><br><br>The second dose can be given up to 4 days earlier than the recommended date or up to 42 days after the first dose and still be considered valid.²   | <b>Not applicable</b>  |
| <b>When will I be fully protected?</b>   | <b>14 days</b> after your second dose  | <b>14 days</b> after your second dose  | <b>14 days</b> after you get the vaccine   |
| <b>Common side effects after vaccine</b> | <b>Injection site reactions:</b> pain, redness of the skin and swelling<br><br><b>General side effects:</b> tiredness, headache, muscle pain, chills, joint pain, fever, nausea, swollen lymph nodes   | <b>Injection site reactions:</b> pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling, and redness<br><br><b>General side effects:</b> fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever | <b>Injection site reactions:</b> pain, redness of the skin and swelling<br><br><b>General side effects:</b> headache, feeling very tired, muscle aches, nausea, and fever  |
| <b>What to do if I don't feel well?</b>  | Remember to sign up for <a href="#">v-safe</a> , where you can use your smartphone to tell CDC about any side effects after getting a COVID-19 vaccine.<br><br>To reduce pain and discomfort where you got the shot, apply a clean, cool, wet washcloth over the area and use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids, dress lightly and rest. If you have persistent pain or other discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.<br><br>In most cases, discomfort from fever or arm pain or swelling where you got the shot will not last more than a few days after a COVID-19 vaccine dose. Contact your doctor or healthcare provider if the redness or tenderness where you got the shot increases after 24 hours or if your side effects are worrying you or do not seem to be going away after a few days. |  |  |



**VACCINATE  
VIRGINIA**

Learn more at [Vaccinate.Virginia.gov](https://vaccinate.virginia.gov) or call 1-877-VAX-IN-VA.

#### Footnotes:

1. Persons with a history of severe allergic reaction (e.g., anaphylaxis) or immediate allergic reaction to a previous dose of COVID-19 vaccine or who have a known (diagnosed) allergy to a component of a vaccine, should not get the vaccine. Talk to your healthcare provider to discuss your options.
2. If the second dose of a two-dose vaccine is administered outside of this timeframe, consult with your healthcare provider.



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH

March 2021

### Can I change my pre-registration information?

The State added increased functionality to the pre-registration system this week and Virginians can now change or edit their pre-registration information at [vaccinate.virginia.gov](https://vaccinate.virginia.gov). It is important that everyone checks that they are pre-registered and verifies all of the information in their profile. There is information that CSHD did not ask in our pre-registration surveys that needs to be added to your record in the State system.

## ACTIONS YOU CAN TAKE WHILE YOU WAIT

If you are not sure which phase you are eligible to receive the COVID-19 vaccine, please fill out the [VDH COVID-19 Eligibility Tool](#).

## Statewide Vaccine Pre-Registration System:

All Virginians can pre-register for the COVID-19 vaccine at [vaccinate.virginia.gov](https://vaccinate.virginia.gov) OR by calling the Virginia COVID-19 Vaccine information Center at **1-877-VAX-IN-VA (1-877-829-4682)**.



**SIGN UP FOR YOUR FREE COVID-19 VACCINE**

[Vaccinate.Virginia.gov](https://vaccinate.virginia.gov)

Or call 1-877-VAX-IN-VA 7 days a week, 8 a.m. – 8 p.m. Available in English and Spanish. Call-back service in 100+ languages. TTY service.

**VACCINATE VIRGINIA**

- GET INFORMATION on how vaccines work and why they are safe.
- GET PRE-REGISTERED to put your name on the list.
- GET VACCINATED —when it's your turn, we'll contact you to schedule your vaccine.

VDH VIRGINIA DEPARTMENT OF HEALTH



**INSCRÍBETE PARA RECIBIR GRATIS UNA VACUNA CONTRA EL COVID-19**

[Vaccinate.Virginia.gov](https://vaccinate.virginia.gov)

O llama al 1-877-829-4682 los 7 días de la semana, de 8:00 a.m. a 8:00 p.m. Disponible en inglés y en español. Servicios de llamadas multilingüe en más de 100 idiomas. Los usuarios del servicio TTY deben marcar 7-1-1.

**VACCINATE VIRGINIA**

- OBTÉN INFORMACIÓN sobre cómo funcionan las vacunas y por qué son seguras.
- PREINSCRÍBETE para formar parte de la lista.
- RECIBE LA VACUNA —cuando sea tu turno, nos comunicaremos contigo para programar tu vacunación.

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### Everyone should:

- Talk to your doctor.** Ask your doctor if they plan to provide the COVID-19 vaccine and if you have any concerns about allergies.
- Follow us on Facebook.** We will post important COVID-19 vaccine updates on our Facebook page.
- Bookmark our website.** We also post updates on our website, including any press releases we issue.
- Attend our weekly COVID-19 Community Call-In.** We are now hosting a weekly "COVID-19 Community Call-In" every Wednesday. We will host a Spanish language call from 6:00pm-6:45pm and an English language call from 7:00pm-7:45pm. You can call in at 1-844-992-4729 and enter the access code 132 173 5589 to join.

## VACCINATION NUMBERS

We are publishing daily and weekly data on the number of vaccines we administered and the populations we vaccinated. The daily vaccine numbers can be found on our [website](#) and [Facebook page](#).

These numbers only reflect COVID-19 vaccinations given by the Central Shenandoah Health District and are not a reflection of total COVID-19 vaccines given within the health district. They are approximate as of date received. For total COVID-19 vaccine distribution numbers, please visit the [VDH COVID-19 Vaccine Dashboard](#). The snapshot for last week is below and can also be found on our website.

\*Starting Monday, March 15th, CSHD will change the reporting of daily vaccine numbers from 8:00pm the day of to 12:00pm the day after.

**Note on weekly total:** CSHD plans our clinics week to week, with vaccines earmarked for specific clinics and populations. Sometimes, not all of our vaccines are used in a week, but our goal is to get it out into arms as fast as possible, therefore we make sure to use those leftover doses in clinics the following week and increase the vaccination capacity for that week. Furthermore, CSHD worked with the Virginia Department of Health COVID-19 to gain access to vaccines that may have not been earmarked for immediate use in community vaccination efforts. The common mission of all partners working on vaccine response is to get vaccines out to priority groups as quickly as possible.



# CSHD COVID-19 Vaccination Efforts - Week of March 1st



## Vaccine Planning Considerations:

It is important to take the following into consideration when looking at district vaccine distribution efforts:

- The distribution of vaccine from the federal government to Virginia has been limited, which has affected the ability of local health departments and community partners to obtain vaccine to offer to priority groups.
- We expect vaccine availability to be limited over the next few months.
- CSHD is working with our local healthcare partners to increase our community capacity to vaccinate individuals in Phase 1b.



## Total COVID-19 Vaccines Given by CSHD

# 29,040

\*as of 3/5/2021

The data provided only reflects COVID-19 vaccinations performed by the Central Shenandoah Health District and are not a reflection of total COVID-19 vaccines given within the health district.

### Planned Vaccination Efforts

#### This Week:

##### PHASE 1A:

- Phase 1A catch-up
- 2nd Doses

##### PHASE 1B:

- K-12 education/daycare
- Other essential workers
- Persons 65 years+

### Planned Vaccination Efforts

#### Next Week:

##### PHASE 1A:

- Phase 1A catch-up
- 2nd Doses

##### PHASE 1B:

- K-12 education/daycare
- Other essential workers
- Persons 65 years+
- Persons aged 50-64 with high risk health conditions

| Date           | Daily Number of COVID-19 Vaccines Distributed by CSHD |
|----------------|---|
| Tues, March 2  | 730   |
| Wed, March 3   | 1,900   |
| Thurs, March 4 | 450   |
| Fri, March 5   | 2,400   |
| Weekly Total   | 5,570   |



## DON'T FORGET-STAY VIGILANT!

COVID-19 is in our community. To stop the spread, everyone should continue to:

- Wear a face mask when around people you don't live with
- Avoid social gatherings and keep 6ft. distance between you and others
- Wash your hands and cover your cough

**It is crucial that everyone takes these prevention measures, even after you get vaccinated!**

## Central Shenandoah Health District:

- Our district comprises of 5 counties and 5 cities: Rockingham, Augusta, Rockbridge, Bath & Highland Counties, Harrisonburg, Staunton, Waynesboro, Lexington, Buena Vista Cities
- Due to the differences in populations and resources in the five counties and five cities that make up the district, some areas may move into the different vaccination phases faster than others. We should also expect overlap in the phases as we work through the vaccination process.



The COVID-19 vaccine is here, but we still need to focus on flattening the curve.

Watch your distance | Wash your hands | Wear a mask

**OUR PHONES**  
**ARE IN THE COVID FIGHT**  
**SAVE LIVES, GET COVIDWISE.**

COVIDWISE.ORG



Sign up for our COVID-19 newsletter here!

You can unsubscribe to these emails by clicking "Unsubscribe" below the newsletter.

For more information about the COVID-19 vaccine visit the [Virginia Department of Health Website](https://www.vdh.virginia.gov/).

